

## 218 Quiet Talks on Personal Problems

brought under the power of anything. Whatever habit brings me under its power, and so lessens my own power, is a bad habit to me. The habit of good, such as prayer, or doing kindness, in bringing me under its power is also increasing my own power of self-mastery. What injures my body is wrong for me.

If the use of tobacco or alcoholic drink in any shape affects the action of the heart, or lessens my staying powers, or unsteadies my nerves, this clearly to me is wrong. And the best physicians, backed abundantly by science, and by constant illustrations from life, have spoken very positively here. In the light of what specialists say it would seem that any indulgence is bad. Sooner or later its effect will be felt in the body and so in the life.

With the conditions of life prevalent to-day there is no question at all regarding strong drink for the man who would be Jesus Christ's *true* preacher to men. Total abstinence is the only safe rule for a sound body, a clear brain, a strong will, and for the influence upon the great crowd of our fellows on a road very slippery and slanting.

The Church of Corinth fairly bristled with questions about matters of conduct. They gave the earnest people there great concern. They concerned Paul very greatly, for these people were his spiritual children, whom he had brought into new life through hard travail. These people write to Paul for advice and help in the perplexity. The first nine chapters of his first